



Chermoula Yoghurt Crusted Lamb Steaks with Charred Pepper Bulgur, Tenderstem® and Harissa Yoghurt

Premium 40 Minutes • Little Spice • 2 of your 5 a day

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Red Onion



Bell Pepper



Flat Leaf Parsley



Pistachios



Tenderstem® Broccoli



Natural Yoghurt



Chermoula Spice



Lamb Steak



Red Wine Vinegar



Chicken Stock Paste



Bulgur Wheat



Harissa Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Saucepan, Bowl, Frying Pan, Measuring Cup.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Bell Pepper***	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Pistachios 2)	25g	25g	50g
Tenderstem®			
Broccoli**	150g	200g	300g
Natural Yoghurt 7)**	150g	225g	300g
Chermoula Spice	1 sachet	1 sachet	2 sachets
Lamb Steak**	2	3	4
Red Wine Vinegar 14)	1 sachet	1 sachet	1 sachet
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Harissa Paste	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	2759 /659	527 /126
Fat (g)	21	4
Sat. Fat (g)	4	1
Carbohydrate (g)	67	13
Sugars (g)	18	3
Protein (g)	46	9
Salt (g)	1.86	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Preheat your oven to 180°C. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into 1cm wide, thin strips then cut into 1cm pieces. Finely chop the **parsley** (stalks and all). Shell the **pistachios** and discard the shells. Roughly chop the **pistachios**. Pop the **Tenderstem®** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat.



Cook the Pepper

Pop your **Tenderstem®** on the top shelf of your oven to roast until tender and crispy, 12-15 mins. Meanwhile, heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **pepper** pieces and fry them until charred and soft, 6-8 mins. Stir only 2-3 times during this time - you want the **pepper** to pick up some nice colour. Meanwhile, pop the remaining **yoghurt** into a bowl and stir in the **harissa paste** (add less **harissa** if you want it less spicy). Set aside. Transfer the **pepper** to a bowl and wipe out the pan.



Fry the Onions

Heat a drizzle of **oil** in a saucepan on medium heat. Once hot, add the **red onion** and cook until softened, 6-7 mins. Stir occasionally. Meanwhile, pop a **quarter** of the **yoghurt** into a bowl. Season with **salt** and **pepper** and add the **chermoula spice**. Mix together, then add the **lamb steaks** and turn to coat evenly in the mixture. Set aside and cover. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Once the **onion** is soft, add the **red wine vinegar** and a pinch of **sugar**. Cook until glossy, 1-2 mins.



Fry the Lamb

Pop your pan back on medium-high heat with another drizzle of **oil**. Lay your **marinated lamb steaks** in the pan and cook for 3-4 mins each side for medium-rare. **TIP:** If you want your lamb a little more well done, cook for 1-2 mins more on each side. Once cooked, remove to a board and allow to rest for a couple of mins. **IMPORTANT:** The lamb is cooked when the outside is browned.



Cook the Bulgur

Pour the **water for the bulgur** (see ingredients for amount) into the saucepan with the **onion** and bring to the boil. Stir in the **chicken stock paste** and the **bulgur wheat**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Finish and Serve

Fluff up the **bulgur** with a fork and stir in the **charred pepper** and **half** the **parsley**. Taste and add **salt** and **pepper** if you feel it needs it. Thinly slice the **lamb**. Serve the **bulgur** in bowls with the **lamb** on one side and the **Tenderstem®** on the other. Drizzle over the **harissa yoghurt** and sprinkle over the remaining **parsley** and the chopped **pistachios**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.